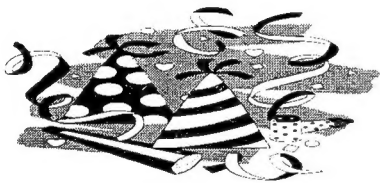

Natural Rearing Newsletter ©

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FOR THOSE THAT CHOOSE TO THINK FOR THEMSELVES

From The Desk Of: MARINA ZACHARIAS



HAPPY NEW YEAR !!

The impact of “complimentary” or “alternative” medicine on mainstream health care is at last making itself felt. Some of our educational institutes are beginning to incorporate a few elective courses in their curriculum.

In Vancouver, British Columbia, a new facility at the Vancouver General Hospital has been set up where qualified practitioners will offer alternative therapies. The clinic will include a research section that will coordinate worldwide studies into alternative medicine. The institute will be a pioneer in two respects—offering a variety of healers work space at a major Western-style hospital and subjecting their work to rigorous, Western-style research to verify or disprove its value.

In Seattle, Washington, a clinic has been set up at Bastyr University as a pilot project to study the effects of “alternative” medicine.

Some insurance companies are beginning to warm up to “alternative” medicine, mainly because it is less expensive than “allopathic” medicine.

Are the Empire boys on the run? Not likely. During the next few years we will still see the usual tactics being employed against practitioners that don't toe the line. But we are making progress!!

I think that we can finally be cautiously optimistic and someday in the 21st Century we will be able to get rid of terms like “alternative”, “complementary” etc. We will have the best of both worlds—“Integrated” medicine. (1)

DHEA AND THE YAM SCAM

DHEA (dehydroepiandrosterone) is an anabolic steroid hormone presently being touted as an effective treatment for a number of diseases, an anti-aging substance, an effective weight loss therapy, useful in the prevention of heart disease and some cancers, etc., etc.

It has the interesting capability of converting into whatever hormone the body needs—it's a “precursor” to most of them. In humans and monkeys the adrenal secretion of DHEA is abundant and more than all other hormones combined. Although other animals do not have the same abilities to synthesize and secrete DHEA, it is interesting that studies with dogs and other animals show that they respond in a positive way, just as humans do.

All the research (and there has been a lot of it) indicates that as we age the production of DHEA declines and that a deficiency of this hormone is of primary importance in the development of many health problems. Most of these studies show very positive results when replacement doses of DHEA were administered.

As usual, when something actually works there are those who will try to take advantage of “truth” by creating their own fiction. For the last couple of years several different companies have been claiming that the extracts of wild yams (dioscorea) can raise DHEA levels in the body. The multi-level marketing boys are particularly fond of this claim.

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In actual fact no one seems to have any data to back up the claim and a recent study (using "Emprise" brand) has shown that ingestion of yam tablets has absolutely no effect on serum levels of DHEA. So if you are considering using DHEA in your health care program, beware of the "yam-scam".

Please remember that the long term safety of DHEA has not been demonstrated; nor is the appropriate dose known for many situations. It is a steroid hormone and as you know most chronic disorders of metabolism take years to develop.

As it is now available to be sold without a prescription (FDA changed their minds on this one for some reason) there are a few dangers that you should be aware of regarding potential toxicity levels.

When given in very large doses to animals, DHEA causes cancer of the liver or pancreas. It also has 'antiglucocorticoid' activity, which means that someone with a borderline deficiency of cortisol could develop symptoms of adrenal insufficiency from taking DHEA. In some cases it may reduce the requirement for thyroid hormone.

All in all it is not something you want to play around with unless you have the aid and supervision of an experienced health care professional who fully understands the potential ramifications related to your specific health.

Used properly, DHEA can be a powerful tool in clinical treatment of a broad variety of health problems. It has shown amazing results in some cases but do remember that you are tampering with hormonal balances and knowledgeable supervision should always be sought.

I can't really understand why FDA has suddenly allowed this substance to be sold in pharmacological doses as an 'over the counter' item. Are they waiting for us to 'abuse' the usage so that they will have an excuse to ban a much larger group of natural substances?

Some holistic doctors are saying the DHEA is perfectly safe, but in my small humble opinion the jury is still out on the long term effects. By all means, use it if your doctor recommends it (after a proper blood test to determine that an actual DHEA deficiency does exist) but don't rush out to your nearest health food store and buy it simply because you think it might help.

Be extremely cautious about raising the DHEA levels above those normally found in the body. There is virtually no information on the effects of augmenting peak levels in healthy individuals. Safe supplemental dosages appear to range from 5mg to 25mg for woman and 15mg to 50mg for men. We know nothing about what this hormone will do to the female ovarian function or how it will affect the reproductive capacity.

THE EMPIRES' NEW "DEATH STAR"

The "war" on health freedom has been escalated by a full scale "global" attack proposed by Germany!! An attack that would make all vitamins, minerals, and food supplements subject to control as "drugs". An attack that would move control of your freedom to choose the amount or kind of supplements you want, out of the hands of the United States Government and into the hands of an international body dominated by some of the worlds largest pharmaceutical companies.

Bear with me while I bring you some background to help you understand this very real threat to your freedom of choice.

Remember GATT?...that international trade agreement that was signed by the President after Congress ratified it.

GATT created a special commission under the United Nations and the World Health Organization called "Codex Alimentarius Commission". This commission is officially "recognized" by the US Government as the international organization to create standards, guidelines, and recommendations for food safety, food additives, food contaminants, and methods of analysis, sampling, and codes of hygienic practice for food. Sounds good so far!

The Codex Alimentarius Commission created a "Committee on Nutrition and Foods for Special Dietary Use". During the week of October 7-11, the committee met to consider a German proposal called the "Proposed Draft Guideline for Dietary Supplements".

This proposal was being heavily pushed by Hoechst, Bayer, and BASF (the three pharmaceutical companies that were formed when IG Farben was disbanded following the Nuremberg War Trials).

I don't have room here to get into the fine details of the entire proposal but here are the main bombshells from this new Deathstar:

1. **No dietary supplement can be sold for prophylactic (preventative) use or therapeutic use.** (What other use is there?)
2. **No dietary supplement sold as a food can exceed potency (dosage) levels set by the commission.**
3. **Codex regulations for dietary supplements would become binding.** (Which means that the escape clause within GATT that allows a nation to set its own standards would be eliminated!!!)
4. **All new dietary supplements would automatically be banned unless they go through the Codex approval process.** (If you think the current FDA drug approval process is expensive how much do you think this 'international' approval process is going to cost?)

There are several steps involved in establishing a proposal as 'law'. At issue at this particular meeting was a vote to move the German proposal up a notch from step 3 to step 5 (much closer to step 8 and final approval).

The US, supported by Canada, the UK, Australia, New Zealand, the Netherlands, and Japan pointed out that since there was no consensus on many aspects of the proposal (such as no agreement on the 'minimum' or 'maximum' nutrient levels) it should be sent back to step 3 for additional comments and amendments.

But when the vote took place Germany got the needed votes from France, Switzerland, Italy, Denmark, Kuwait, South Africa, Poland and others and despite vehement objections by the US et al, **the proposal passed!!**

If you think the US Government will not stand for outside interference of internal regulations, think again. They have already abrogated American sovereignty on this issue under the terms of the GATT treaty. It's a done deal!!

The FDA will have the authority to close down all health food stores and require us to obtain a medical doctor's prescription for vitamins, herbs and other food supplements.

It could never happen here??

In Norway, drug companies currently control 70% of all dietary supplement products which are now being sold at grossly inflated prices as 'drug analogs': patent protected prescription and OTC drugs. You can only make a health claim if it is licensed with the government as an OTC drug.

In Spain, a royal decree of August 2nd has banned advertising on natural products unless they have undergone a cost prohibitive drug approval process.

In Germany itself you cannot find the typical shelves filled with vitamin products that we are so used to in a 'health food' store. Instead you must visit an "apothecary" (pharmacy) to obtain even the simple things like vitamin C. The products, sold only by licensed pharmacists, are priced between 2 to 4 times what you would pay for them here!!

Hoechst, Shering-Plough and other European drug companies which have taken over much of the European market are now eyeing the rest of the world and plans are well underway to harmonize their efforts with the anticipated passage of the German Codex proposal.

In the US and Canada, on October 14, 1996 a press release announced the publication of "The Natural Pharmacist". This is a new magazine exclusively for retail pharmacists devoted to vigorously pursue business that has traditionally been the province of health food stores. Which companies do these pharmacies do more business with—the vitamin companies or the pharmaceutical companies?

Can anything be done about it? Yes, but it's not going to be easy. It will be 2 years until the next meeting of this Codex Committee and in that length of time we must build a strong coalition in order to stop the proposal from advancing from step 5 to step 8.

Consumers should write, fax or e-mail Congressman and Senators to **reject** the German position on how dietary supplements (including herbs) should be regulated. Send copies to the President and the FDA. Spread the word in any way you can on what is happening.

For those of you on the "net" take a look at a report on the Codex meeting at: <http://www.arx.com> (see the Codex update written by John Hammell, one of the US delegates).

As usual the press has been very silent on this issue and it is up to the "grass roots" people to generate a strong protest to this new weapon of the Empire.

At the very least, we must insist that the Codex regulations must not be made binding. We desperately need to retain the right to set our own policies in our own country. It's a tough enough fight on the home front without having to contend with international stormtrooper tactics.

I don't like to get on a soap box with political issues but this one is just too serious to simply ignore.



SPOILED DOGS OR SPOILED FOOD?

I must confess that I have come across a problem in feeding my dogs an all natural diet. In general I am very fortunate to live in an area where I have access to a wide variety of "organically grown" food. Some of these (carrots for example) are only available on a seasonal basis. When the season is over I must revert to 'store bought' food.

So what's the problem? My dogs know the difference! Are they spoiled or is there something seriously wrong with our food supply and they are just trying to tell me??

Let me paint the picture for you so that you can understand my concerns. I was running very low on my organic carrots and had purchased some 'regular' carrots at a local supermarket. At lunch time, I gave most of my dogs what was left of the organic supply and I hand picked two of the supermarket carrots that looked and smelled the best for two of my other dogs.

The organic carrots were consumed with their usual gusto but it was a different story with the supermarket carrots. One of my girls put it in her mouth and promptly spit it out. The other girl sniffed it and refused to even put it in her mouth! No taste—just a simple sniff! So what was she trying to tell me?

SELENIUM

Now let's look at one more picture. This time we see a conscientious mother, trying to care for her family by preparing for them the best foods she knows how. She's serving a good cut of beef, vegetables fresh from the store, milk for the children, whole grained bread, and fruit. She's proud of herself; what could be a better balanced meal?

Actually she's done well, and better nutritionally than many. Dietitians would be pleased; governmental authorities would proclaim that such healthful fare needs no supplementation: "Everything is in the food."

But the beef has antibiotic residues, and is much more fatty than it should be, as the animals were force-fed grains, and were inactive.

Some of the vegetables were grown in zinc-deficient soil in one of the 32 states reported deficient by the US Department of Agriculture in 1961. Others are lacking manganese and selenium. They're all minus considerable B vitamins and vitamin C, lost in transportation and storage. Naturally, they all have small quantities of pesticide residue.

The milk, high in calcium and protein, is also high in cadmium and lead, as the cows were pastured near a busy freeway, a few miles from a large industrial factory.

The unblemished fruit was kept that way with the help of chemicals and insecticides, which also penetrated into the fruit itself to a small degree, after helping to kill the bugs. Of course since the fruit was grown thousands of miles away, some of it was picked green and gas-ripened.

This was the picture painted by Dr. Jonathan V. Wright, M. D. at the October '96 seminar on "nutritional therapies". It didn't really hit home until I saw my own dogs refusing to eat "store bought" carrots!

If our "human quality" food is so nutritionally poor, it makes me shudder to think of just how bad the "reject" quality is, that is used in commercial pet foods. Is it really any wonder that we are seeing an ever increasing abundance of health problems in our animals?

Before you throw your hands up in frustration at trying to feed a "natural" diet and think that you might as well go back to feeding kibble, remember that commercial pet food is almost an absolute guarantee that you are getting the worst of the worst. All you would be doing is multiplying the problem by a significant factor.

The point here is that even the best diet may not be good enough by itself. For optimal health, most often we and our animals need supplementation of vitamins, minerals and trace elements that are either missing or destroyed by the methods used in modern food production. In this and future issues we will touch on some of these and the roll they play in health maintenance, disease prevention and therapy.

About 20 years ago, selenium was considered a nonessential toxic mineral. Today it is recognized as an essential one, needed in small daily amounts.

Selenium has a variety of functions, and research is revealing new information about its' importance. The main role is, that it is a necessary component in the formation of an enzyme called "glutathione peroxidase". (see Issues 7, 8, & 9 for basic information on enzymes). This functions as an antioxidant that helps prevent cellular degeneration from some of the more common free radicals. This particular enzyme also aids red blood cell metabolism and has been shown to prevent chromosome damage in tissue cultures.

Selenium and vitamin E work together synergistically in that they carry out antioxidant and immunostimulating functions better together than individually. For example: the presence of these two nutrients enhances antibody formation in response to vaccines by 20 to 30 times!

Selenium is known to help prevent cardiovascular disease and decrease the risk of complications such as strokes and heart attacks. For example: in the Keshan area of China (known for very low levels of selenium in the soil) a form of heart disease is prevalent in children. It has responded well to selenium supplementation. One angina study showed reduced symptoms in nearly 100% of the patients when selenium and vitamin E were administered. Its interesting to note that the people in Keshan treat it with a common herb called "Astragalus", which accumulates selenium from the soil.

Selenium is also being found to have an anticarcinogenic effect. Its blood or tissue levels correlate more closely with cancer risk than any other substance! Where selenium is abundant in the soil or when added to the diet, the results are both decreased rates of cancer and decreased mortality from a wide range of cancer including breast, colon/rectum, prostate, lung, bladder, pancreas, and skin. In animal studies 1 to 4 ppm of selenium added to the food or water is clearly associated with decreased cancer rates.

Selenium (along with vitamin E) has been shown to improve sperm production and motility. If one of your stud dogs is weak in this area you may want to try supplementation for better results. Sterility is a common result of selenium deficiency.

Because of selenium's strong ability to stimulate the immune system, it is very useful in the treatment and prevention of many diseases. Uppermost in my mind is that it has been shown to be effective in dealing with viral and retroviral infections such as Parvo. Some new research indicates that selenium may be a key factor in preventing the HIV virus from progressing into full blown AIDS.

Autoimmune diseases, recurrent illnesses or infections, and other inflammatory problems may be helped

by restoring adequate selenium levels in the body. In some cases, selenium promotes more rapid recovery from many basic disease processes.

Although the mechanism of action is not known, selenium also seems to protect the body from the toxic effects of heavy metals and other substances.

Cataracts have been shown to contain only about one-sixth as much selenium as a normal lens. They are still not sure whether this is a cause or a result of the cataract.

The amount of selenium in our food sources, whether consumed directly as plants or as meat from animals that have eaten the vegetation, varies greatly according to the soil levels in any particular region. Further, most selenium is lost during food processing by modern methods.

As much of the selenium is stored in the liver, kidneys, and pancreas (and in the testes and seminal vesicles of males), and blood levels are usually low, it is difficult to evaluate the body levels of selenium.

Given the importance of this element it would seem prudent to ensure adequate intake by supplementation of the diet. Don't over do it of course, there is always a point where too much of a good thing can be harmful.



HEARTWORM—ALTERNATIVE TREATMENT

The standard treatment for heartworm (intravenous arsenic) hasn't changed much in the last half of this century.

Before I get into a recent development that shows great promise, I should mention that back in March 1993 an article in "Veterinary Forum" pointed out that studies from Cornell University and the University of Pennsylvania indicated that when ivermectin or milbemycin were given to heartworm positive dogs at the regular preventive dose, progressive microfilaria suppression was demonstrated. After approximately seven to eight months, most dogs were free of circulating microfilaria.

Milbemycin appears to interfere with heartworm embryogeneses, and ivermectin also has a suppressive effect on nematode reproduction. Thus the use of these drugs can be considered as an alternative modality for treatment.

Evidently this form of treatment is an "extra-label use" and an informed consent should be signed by an owner before embarking upon this course.

How many vets have ever mentioned this alternative?

(5)

Now for the exciting news!!

An all-breed rescue club in Florida has been getting astounding results in treating heartworm cases with a homeopathic Detoxode for parasites called "Paratox". Please understand that these are 'rescue' dogs that were in pretty sad condition when brought to them.

For example there was a German Shepherd that was so infested with heartworm that the attending vet commented that it was the worst case he had ever seen without the dog being dead! In this particular case they did a 5 day course of "Clearing" (another homeopathic remedy made by the same company) prior to the Paratox treatment. When the dog was rechecked in 6 weeks the infestation was deemed to be 'very light'. They repeated the Paratox treatment and subsequent testing showed the dog to be 'clear' !!

So far, they have treated about 20 cases with 100% success! Evidently they can see a physical change in 2 weeks—better color, more vitality etc. Another nice thing about this method is that they don't have to restrict the animals during treatment.

The treatment is both gentle and simple, easy to administer and no side effects! In general, for dogs over 25 lbs., 5cc of Paratox is given orally, once a day for 24 days. One 4 oz. bottle supplies a complete treatment. For smaller dogs, they have been using 2cc per day for 24 days. For giant breeds and severely compromised dogs they have been using double the usual daily dose (i.e. 10cc for 24 days).

What about cost? I'm sure most of you are aware that the standard 'arsenic' treatment can run well over \$1,000.00. The 'alternative' of using ivermectin or milbemycin as proposed in the aforementioned article is suggested to be for people that suffer from a "thin wallet". I'm sure you all know the cost of these drugs.

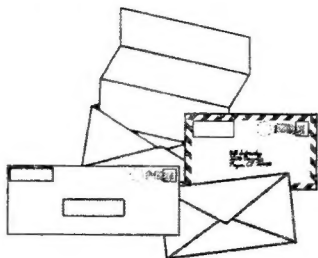
Cost of one bottle of Paratox? Are you ready for this:
\$18.00!!!

How effective is it? As you are probably aware, the 'snap' test currently being used to detect heartworm, registers titer levels and is sensitive enough to detect the presence of even one microfilaria or one worm. After one Paratox treatment titers begin to drop in a very short time and within 3 to 4 months usually register negative.

By the way I should mention that the results of the 'snap' test should be read within 6 to 8 minutes for a true result. Otherwise the test will show a false 'positive' reading!

I now feel greatly relieved to know that I can use the heartworm nosode for prevention and in the rare event that it doesn't provide the needed protection, I certainly wouldn't hesitate to use Paratox as a safe, cost effective, treatment. Thank you, thank you, thank you, Florida rescue for this wonderful "breeder network" information!!

MAILBOX



All of us know someone that would benefit from using natural care for their dogs. Sometimes it is difficult to convince these people that it's worth trying. The following is an article written by Joan Rizzi-Henderson, R.N., MBA, CMC, for her Cairn Terrier Club newsletter. Maybe it will help to show it to some of your "doubting Thomas" friends.

HOMEOPATHY SAVES THE DAY

On October 2nd of this year my Widget gave birth to four beautiful puppies. Now this, in and of itself, would not generally cause me to communicate in more than a general way to our club members. However, I come to this article hat-in-hand forced to eat my words and I quote "Homeopathic medicine for my dogs would be a last resort for me". Never the less, eating my words is not distasteful as, in all honesty I feel that homeopathic remedies saved the day for Widget and me.

This was Widget's second litter. Her first litter delivered in September of 1995 and though pregnancy proceeded in a normal fashion, there were some complications at the end. Widget's membranes ruptured three days before her first due date and the vet counseled waiting for her to go into labor rather than performing a C-section. So we waited. She went into labor and progresses nicely until she began to have hard contractions. She expelled a quantity of amniotic fluid but no babies. I was on the phone to my very good friend Susan DeWitt immediately and Sue came at 11:00pm in the middle of a thunder storm and stayed with us all night. I don't know what we would have done without her. Over the course of six hours, Widget had four puppies, all born feet first, all dry births out of the sacs except one, all cords severed but of acceptable length.

So much for the delivery. The puppies progressed nicely from five to nine ounces in four days. Then one little male stopped gaining weight and began to fade. The vet looked at him and suggested supplemental feedings; but had no other suggestions to offer except intravenous feedings. Unfortunately this puppy expired after two days. The remaining three pups had slight discharges from their eyes and nose but this cleared up in a day or two and they continued to thrive and all did well. My obstetrical nurse's training led me to conclude that the prematurely ruptured membranes set up a fertile avenue for infection and this one puppy was not able to fight it off.

After this experience, I was reluctant to think about breeding Widget again. However, my attention was caught by Marina Zacharias's article regarding fading puppies in an issue of the Cairn Courier. She spoke of the fading puppy syndrome in great length and how it could be successfully treated with homeopathic remedies. Perhaps this would be the time to remark that **I come from over forty years in the traditional medical community and while common sense and traditional medicine usually governed my health decisions, I had little or no familiarity with homeopathy.** At any rate, I was interested enough to call Marina who lives in Jacksonville, Oregon. She answered the phone herself and was very gracious, patient and generous with her time. We spoke for quite a while and I described Widget's experience in detail. Marina had several suggestions regarding a prenatal treatment plan and I asked her to send informational material; which she promptly did.

In deciding to breed Widget again, I also decided to ask Marina's help and support (through homeopathy) for this pregnancy. She suggested remedies to be given immediately after mating and for the duration of the pregnancy. These were as follows:

1. Birth Aid—An herbal formula, given once daily from conception to delivery.
2. Pregnancy Formula—given once a week from time of mating and once daily during the last four days of pregnancy. It is then given three times daily for five days.
3. Fading Puppy Remedy—given once daily for the duration of the pregnancy and then given to puppies if necessary.

The pregnancy progressed and my nervousness increased as I realized that Sue, my mainstay, would be away. Widget and I would be all by ourselves with a vet on call. She went into labor on her first due date and delivered, with some help, four lovely puppies. They were uniform in size, all with intact sacs and placentas and a minimum of bleeding. However my "traditional" obstetrical skill came in handy, as they were all breech births of various presentations. The puppies were all vigorous, nursed immediately and have continued to flourish. As I write, they are three weeks old and scooting around the whelping box. I continued to give Widget the Fading Puppy Remedy and I believe it enhanced the nursing process. All puppies tripled their birth weight in twelve days.

I share this information with you in my belief that, in this instance, homeopathy made the difference in whether or not we had an optimal outcome. I intend to keep in touch with Marina and explore the use of homeopathy in other areas of pet care while not abandoning the best of the traditional. However, if there are any more breedings in our future, this homeopathic regime will play an integral part.

Thanks Joan. I've always contended that we should use the "best of both worlds" in caring for our animals. It's great when someone with your background confirms the value of both.

Dateline November—Ontario, Canada

Hi Marina,

I am President of Rottweiler Rescue (Eastern) Canada. Unfortunately due to conventional "popular demand", all dogs through the program are vaccinated, put on heartworm medication during the summer months and are spay/neutered.

We are a fairly large organization with 7 permanent foster homes, many active volunteers and over 150 members province wide. We have rescued/re-homed over 65 dogs to date.

When it has been possible, I have "slipped in" many of my holistic practices to bring some of our dogs back to health, such as:

1. A 12 month old male;--began to exhibit serious temperament faults after 6 weeks of fostering (behavior was similar to Rabies rage). His chances of euthanasia were high because he would not "come around". On my recommendation he was given 2 doses of Lyssin 30c, two days apart. After one week, voila! No more temperament problems. (He was vaccinated for everything at once 4 weeks prior!).
2. All dogs in the program that exhibit undue stress reactions, or require medical treatment for injuries, are given Rescue Remedy. (Most all of the foster homes now have a bottle in their cupboard!)
3. A 2 year old male—came into the program with severe flea bite dermatitis. General health was low. He was treated with a homeopathic remedy rather than with steroids to relieve itching. Four week treatment was sufficient to overcome flea bite allergy. Dog is now flea free and all hair has grown in.

Slowly but surely, I'm turning my colleagues in Rescue around somewhat. Now I just need to work on the vets that see our Rescue dogs!!

I am hearing from more and more Rescue organizations that are choosing to incorporate holistic health care in their program with very positive results. These dedicated volunteers are solving "problems" that the previous owners were not willing to tackle. They are truly the "unsung heroes" of the dog world!!

(7)

AN OCD CASE—CURED WITH NUTRITION AND HOMEOPATHY !!

This next letter brought some surprising news from a breeder that experienced a cure of osteochondritis dissecans in the hock of a 10 month old Akita, by using a combination of nutritional supplements and homeopathic remedies. This remarkable result was accomplished in just a little over one month!!

Dateline Dec. 6—Thomaston, CT

Breeder—Linda Bacco

Dear Marina:

On October 17th, I called you to discuss the recent diagnosis of my 10 month old Akita, "Apache". He had developed a lump on his left hock in September. X-rays were taken in October and showed OCD as the root of the problem. The x-rays had been sent to a local specialist and the diagnosis was confirmed. I was told surgery would be my only option. Unfortunately, the post-operative diagnosis was not 100% either as the hock is the worst place for OCD to occur. Even with surgery it was likely Apache would limp.

You suggested the following supplements and homeopathic remedies: Arth-9, Vitamin C, The Winnah, Traumeel, and Bone Liquescence.

Upon receiving these remedies he began to not favor the left leg (he was not exhibiting any signs of pain and wanted to be very active), but surgery was still a very real option at this point.

Another specialist was consulted and he also recommended surgery until I told him Apache was not limping. He recommended a new series of x-rays, this time of both hocks to compare the status and possible healing of the OCD hock. These x-rays were taken on November 26th and they revealed he had completely healed himself! It was virtually impossible to determine which hock was the OCD hock!

I explained to my vet that I had him on a number of holistic remedies. He was very curious what had been given and very receptive to the idea of using this type of treatment.

I want to thank you for all your guidance and support during the past 5 weeks. I have to believe that if he was allowed to stay on Bute, he would have been headed for an expensive surgery and 6 weeks of recovery time. I have been able to continue handling and obedience classes with Apache, and was told at last weeks' class he was completely sound.

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As most of you know OCD is basically a bone chip or a piece of ossified cartilage that has come loose, that can cause irritation and lameness. It is well recognized that **healing is not possible** if a piece remains in a joint, so surgery is strongly recommended as the only rational treatment.

Prognosis for surgical improvement is “guarded”, with about 50% of those operated on being relieved from lameness.

Unfortunately OCD is one of the common orthopedic problems faced by many breeds and “everybody knows” that it is primarily a “genetic” problem that can be exacerbated with using a high-energy, high-calcium diet with growing dogs.

This particular case begs the question: **is it possible that OCD is caused by a nutritional deficiency??**

When I talked with Linda we both thought that surgery would be needed. My recommendations were fundamentally for the purpose of supporting the body with natural ingredients to enhance cartilage, ligament and joint function. We thought perhaps this would improve his chances of recovery after surgery. I don’t think either one of us expected a **cure**.

In reviewing several other similar cases where the same protocol had been used I came to realize that in all the other cases I looked at, surgery was performed within the first week or two of starting on the supplements. Again “everybody knows” that it is not wise to delay surgery with this kind of problem. While it did appear that the protocol seemed to help a great deal in the “recovery” process, no one ever looked at the possibility of “cure” without surgery.

I fully realize that “Apache” is just one case and maybe yes, there is always the fallback of “spontaneous remission” to consider. This does not mean however, that we should be blind to any other possible explanation.

Let me briefly review the composition and purpose of the items used.

1. Arth-9: This is a scientifically designed formula that provides essential nutrients for bone, joint, ligament, and cartilage function. It contains glucosamine sulfate and chondroitin sulfate—which occur naturally in joint cartilage. Bromelain is added to maintain flexibility and decrease inflammation. It also contains Boswellin and Curcumin—herbs that have shown great effectiveness in arthritis conditions. It is fortified with Vitamin C and calcium to aid in tissue repair and contains the minerals Zinc and Copper.
2. The Winnah: Contains a food form of Selenium, Vitamin E, and Chromium. This antioxidant formula has given dramatic results in the relief from arthritis, hip and elbow dysplasia and rheumatoid pain. This product is a favorite of many holistic vets. (8)

3. Vitamin C: There is so much written about the importance of Vitamin C that I won’t bother going into depth here.
4. Bone Liquescence: This is a combination homeopathic/glandular product that has given excellent results in aiding bone regeneration. It is specifically formulated for use when there has been damage to the bone (as is typical in the case of OCD).
5. Traumeel: My favorite old standby. This is a multiple combination formula, developed in Germany, that has been used in hospitals and private practice for over 30 years as a broad spectrum anti-inflammatory agent.

Can you see why I can’t help but wonder if a nutritional deficiency might be playing an unsuspected major role in OCD and other related orthopedic problems ?

Did you notice our old friend Selenium popping up in the ingredients listed ? What about Zinc ?

From the previous articles in this issue it should be obvious that more and more “illnesses” are being directly associated with a lack of proper nutrition.

I don’t have the “science” to prove the relationship but I do have the sense to at least ask the question! Maybe future applications of the protocol (without surgery) will provide some answers.



In closing this issue I would just like to say how much I admire those breeders that have displayed the guts to go against the accepted cut, burn, poison protocols so broadly used in veterinarian medicine.

From within our own ranks we are gradually discovering other ways of caring for our companions that are gentle and in many cases a lot more effective in generating overall health.

The willingness to “share” experiences (both good and bad) that can benefit others, the courage to try “something new”, the trust that we put in each other—all are outstanding characteristics seldom found in the ‘outside world’.

Thank you all for participating in our newsletter forum. I wish we were reaching a larger audience, but that too will come with time.

By the time you read this I will be putting the finishing touches on the 1997 edition of the Natural Rearing Breeders Directory. A special thanks to all participants.

‘Till next time—take care out there!